



American
Heart
Association.



It's Indoor Recess Time!

Rain, snow or sleet making the sun not shine? That means it is indoor recess time! Stay active with this activity below from the American Heart Association.

Materials Needed:

- *Ribbon, scarves, or crepe paper*
- *Math fact cards or a spelling word list.*

Activity: Ribbon Writing

This activity is a fun but quiet game that will keep students moving while working on site words or math facts.

How to Play

1. Have students partner up.
2. One partner reads a math problem or spelling word.
3. The other partner should reply with the answer or spell the answer while writing it in the air using their ribbon.
4. If they are correct the two get one point.
5. The students then switch roles. Continue going until one team has twenty points (or the decided number for the win).

Heart Fact of the Day: The bottom chambers of the heart are called ventricles. They pump the blood collected from the atria into the lungs and other parts of the body. The human heart's four chambers are the right atrium, left atrium, right ventricle and left ventricle.